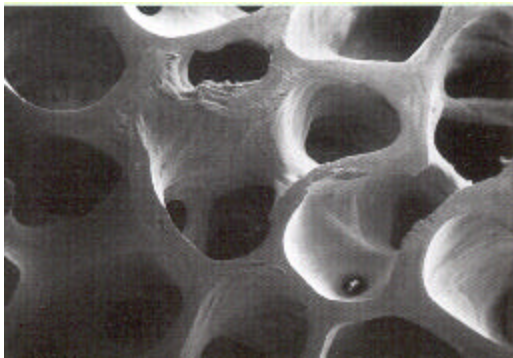


Health Tips for seniors

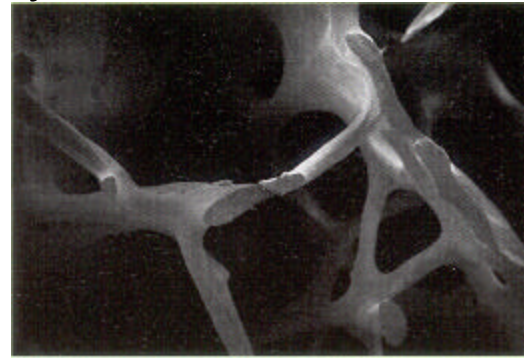
What is osteoporosis?

Definition

- Loss of bone tissue that weakens the strength of bone and makes bones more likely to break



Normal bone



Osteoporotic bone

Recommendations to reduce your risk for osteoporosis

- Eat calcium-rich foods every day (1,200 mg per day)
- Eat vitamin D-rich foods every day (15 µg per day)
 - 10 to 15 minutes of sunlight exposure every day will produce vitamin D in your body
- Do weight-bearing exercises like brisk walking or strength-training
 - Inquire about our free latex-band resistance exercise program
- Do not smoke
- Limit alcohol intake (*Women* = 1 drink/day; *Men* = 2 drinks/day)
- Limit caffeine intake